



INDIAN FUSION DIET

NON-VEGETARIAN

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
MONDAY	Steamed Idlis w/ Sambhar	Tandoori Grilled Fish w/ Tomato Couscous Tahina	Chicken Haryali w/ Corriander Roasted Potato & Tzatziki Sauce	Chocolate Brownie	Beetroot, Carrot, Lemon, Ginger & Apple
TUESDAY	Coconut Mango Overnight Oats w/ Crushed Nuts	Mutton Biryani w/ Raita	Chicken Kadai Corn Salad w/ Lemon Vinaigrette Dressing	Cinnamon Nut Muffin	Green Apple, Cucumber, Spinach, Celery & Ginger
WEDNESDAY	VMeals Masala Broccoli Cheddar Bites w/ Egg Omelete	Chettinad Egg Curry w/ Roti	Kerela-Style Salmon Curry w/ Saffron Rice & Spinach	Raisin Orange Muffin	Cucumber, Lemon & Apple
THURSDAY	Green Masala Stuffed Omlette w/ Tomato & Cheese	Hara Grilled Fish w/ Corn Bean Salad & Lentil Soup	Chicken Keema Stuffed Zucchini w/ Sweet Potatoes & Cheese	Chocolate Chip Cake	Carrot, Orange, Ginger, Lemon & Turmeric
FRIDAY	Lentil Stuffed Dosa w/ Mango Chutney	Chicken Jalfrezi w/ Lemon Rice & Pickled Onions	Palak Paneer w/ Roti	Lemon Muffin	Watermelon & Apple
SATURDAY	Chana Masala Kathi Roll w/ Mango Chutney	Goan Shrimp Curry w/ Couscous	Corriander Chicken Tikka w/ Mashed Potatoes & Tomato Chutney	Chocolate Swiss Roll	Orange, Carrot & Ginger
SUNDAY	Masala Beans Frittata	Chinese Style Stir Fry Hamour w/ Chickpea & Garlic Rice	Malai Kofta w/ Roti	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery



INDIAN FUSION DIET

VEGETARIAN

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
MONDAY	Steamed Idlis w/ Sambhar	Tandoori Grilled Paneer w/ Tomato Couscous Tahina	Black Bean Masala w/ Corriander Roasted Potato & Tzatziki Sauce	Chocolate Brownie	Beetroot, Carrot, Lemon, Ginger & Apple
TUESDAY	Coconut Mango Overnight Oats w/ Crushed Nuts	Soya Bean Biryani w/ Raita	Tofu Kadai Corn Salad w/ Lemon Vinaigrette Dressing	Cinnamon Nut Muffin	Green Apple, Cucumber, Spinach, Celery & Ginger
WEDNESDAY	VMeals Masala Broccoli Cheddar Bites w/ Egg Omelete	Chettinad Egg Curry w/ Roti	Edamame Curry w/ Saffron Rice & Spinach	Raisin Orange Muffin	Cucumber, Lemon & Apple
THURSDAY	Green Masala Stuffed Omlette w/ Tomato & Cheese	Green Moong Bhel w/ Yogurt Sauce, Peanuts & Lentil Soup	Rajma & Corn Masala Stuffed Zucchini w/ Sweet Potatoes & Cheese	Chocolate Chip Cake	Carrot, Orange, Ginger, Lemon & Turmeric
FRIDAY	Lentil Stuffed Dosa w/ Mango Chutney	Punjabi Kaale Chane w/ Lemon Rice & Pickled Onions	Palak Paneer w/ Roti	Lemon Muffin	Watermelon & Apple
SATURDAY	Chana Masala Kathi Roll w/ Mango Chutney	Soya Bean & Green Pea Curry w/ Couscous	Eye-Bean Baighan Ka Bharta w/ Roasted Potatoes	Chocolate Swiss Roll	Orange, Carrot & Ginger
SUNDAY	Masala Beans Frittata	Daal Paalak Khichdi w/ Yogurt	Malai Kofta w/ Roti	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery